



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09244, Peaches, dehydrated (low-moisture), sulfured, uncooked

Report Date: June 30, 2017 19:29 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 116g
Proximates					
Water	g	7.50	--	--	8.70
Energy	kcal	325	--	--	377
Energy	kJ	1360	--	--	1578
Protein	g	4.89	--	--	5.67
Total lipid (fat)	g	1.03	--	--	1.19
Ash	g	3.39	--	--	3.93
Carbohydrate, by difference	g	83.18	--	--	96.49
Minerals					
Calcium, Ca	mg	38	--	--	44
Iron, Fe	mg	5.51	--	--	6.39
Magnesium, Mg	mg	57	--	--	66
Phosphorus, P	mg	162	--	--	188
Potassium, K	mg	1351	--	--	1567
Sodium, Na	mg	10	--	--	12
Zinc, Zn	mg	0.78	--	--	0.90
Copper, Cu	mg	0.493	--	--	0.572
Manganese, Mn	mg	0.413	--	--	0.479
Vitamins					
Vitamin C, total ascorbic acid	mg	10.6	2	--	12.3
Thiamin	mg	0.039	2	--	0.045
Riboflavin	mg	0.110	2	--	0.128
Niacin	mg	4.825	2	--	5.597

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 116g
Pantothenic acid	mg	0.522	2	--	0.606
Vitamin B-6	mg	0.159	2	--	0.184
Folate, total	µg	7	2	--	8
Folic acid	µg	0	--	--	0
Folate, food	µg	7	2	--	8
Folate, DFE	µg	7	--	--	8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	71	2	--	82
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	1417	2	--	1644
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.111	--	--	0.129
16:0	g	0.097	--	--	0.113
18:0	g	0.014	--	--	0.016
Fatty acids, total monounsaturated	g	0.377	--	--	0.437
16:1 undifferentiated	g	0.008	--	--	0.009
18:1 undifferentiated	g	0.369	--	--	0.428
Fatty acids, total polyunsaturated	g	0.498	--	--	0.578
18:2 undifferentiated	g	0.486	--	--	0.564
18:3 undifferentiated	g	0.012	--	--	0.014
20:4 undifferentiated	g	0.003	--	--	0.003
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.014	--	--	0.016
Threonine	g	0.192	--	--	0.223
Isoleucine	g	0.141	--	--	0.164
Leucine	g	0.277	--	--	0.321
Lysine	g	0.157	--	--	0.182
Methionine	g	0.118	--	--	0.137
Cystine	g	0.040	--	--	0.046
Phenylalanine	g	0.154	--	--	0.179

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 116g
Tyrosine	g	0.128	--	--	0.148
Valine	g	0.267	--	--	0.310
Arginine	g	0.124	--	--	0.144
Histidine	g	0.091	--	--	0.106
Alanine	g	0.292	--	--	0.339
Aspartic acid	g	0.817	--	--	0.948
Glutamic acid	g	0.743	--	--	0.862
Glycine	g	0.171	--	--	0.198
Proline	g	0.206	--	--	0.239
Serine	g	0.226	--	--	0.262
Other					